

# PRIME TIME NEWS

## MOUNTAIN VIEW SENIOR CENTER

### JUNE 2011

#### WHAT'S INSIDE

Workshops	Page 1
Monthly Movies	Page 2
Our Center	Page 3
Keeping Current	Page 4-5
Center Services	Page 6
Travel	Page 7
Lunch Menu and Activities	Page 8-9
Class Calendar	Page 10

#### SENIOR CENTER HOURS

**Monday - Wednesday**  
8:30 a.m. - 9:00 p.m.

**Thursday - Friday**  
8:30 a.m. - 5:00 p.m.

#### SENIOR CENTER STAFF

DIANE ATIENZA  
Recreation Coordinator

SARAH FOSTER  
NANCY HUGYIK  
JUSTINA LINAN  
Recreation Specialists

ELIZABETH MUSSO  
Lunch Program  
650-964-6586

EVENING BUILDING  
ATTENDANTS  
Morgan Byler  
Anthony Cukar  
Jose DeAnda  
Rich Stephens  
Adam Turrey

**WORKSHOPS:** Please note that space is limited for all workshops and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.



#### **MAXIMIZE YOUR EMAIL ACCOUNT USE!**

Just as we utilize only a small portion of our brain, many of us are not using our email accounts to their full potential! Luckily, we have a workshop designed to show you all the tricks of your email account! Sign up now for this fun workshop with Monica Lipscomb. Prerequisites: basic computer skills and an active Google or Yahoo email account.

**Date: Wednesday, June 15**

**Time: 2:30 p.m.**

**Location: Technology Room**

#### **WHO GETS THE PURPLE LAMP?**

Passing down mementos is an important ritual carried out by civilizations throughout time. Yet, when you have a big family and lots of people to think about, is there a strategy that could help turn a potentially stressful task into a meaningful one? Join Cindy Hofen, a senior transitions manager, as she gives you an overview of senior relocation. Bring your questions!

**Date: Thursday, June 23**

**Time: 1:00 p.m.**



#### **DEALING WITH DEPRESSION**

Have you experienced a loss recently? Have you found yourself less interested in activities and relationships that you used to enjoy? Grief and depression can feel impossible to overcome, but there are ways to help! Join us to discuss differences between depression and grief, and examine better ways to cope and improve your overall wellbeing.

**Date: Thursday, June 30**

**Time: 1:00 p.m.**



WORKSHOPS

City of Mountain View, CSD, Recreation Division  
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, [www.mountainview.gov](http://www.mountainview.gov)

# MOVIES, MOVIES, MOVIES!

Come to one of our triple showings!

**Matinee showtimes:** Tuesdays and Fridays at 1:00 p.m.

**Evening showtime:** Wednesdays at 5:30 p.m.

**Location:** Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



## **KNIGHT AND DAY: May 31, June 1, and June 3**

**RATED:** PG-13

**LENGTH:** 109 Minutes

**DESCRIPTION:** Perpetually unlucky in love, June (Cameron Diaz) becomes intrigued by a mysterious man (Tom Cruise), who unexpectedly drags her into a whirlwind adventure involving devious enemies, life-threatening confrontations and a major discovery that may alter the future of humankind. Directed by James Mangold, this exhilarating action-comedy also features Peter Sarsgaard, Paul Dano, Maggie Grace and Viola Davis.



## **GOING THE DISTANCE: June 7, June 8, and June 10**

**RATED:** R

**LENGTH:** 103 Minutes

**DESCRIPTION:** New couple Erin (Drew Barrymore) and Garrett (Justin Long) don't want their summer fling to end, but Erin must move across the country to finish school. As the bicoastal lovers try to keep their relationship going, they experience the tricky challenges of living long-distance. Directed by established documentary filmmaker Nanette Burstein, this romantic comedy also stars Christina Applegate and Ron Livingston.



## **HOW TO TRAIN YOUR DRAGON: June 14, June 15, and June 17**

**RATED:** PG

**LENGTH:** 98 Minutes

**DESCRIPTION:** As the son of a Viking leader on the cusp of manhood, shy Hiccup Horrendous Haddock III faces a rite of passage: He must kill a dragon to prove his warrior mettle. But after downing a feared dragon, he realizes that he no longer wants to destroy it. So, he befriends the beast, which he names Toothless, much to the chagrin of his warrior father in this Oscar- and Golden Globe-nominated film.



## **TOY STORY 3: June 21, June 22, and June 24**

**RATED:** G

**LENGTH:** 103 Minutes

**DESCRIPTION:** In this installment of the Pixar animated franchise, toy cowboy Woody (voiced by Tom Hanks), his astronaut pal, Buzz Lightyear (Tim Allen), and their friends cope with their owner's departure for college —and their new home in a day-care center. Don Rickles, Michael Keaton, Ned Beatty and more lend their voices to this delightful sequel that earned a Golden Globe Award and an Oscar for Best Animated Feature Film.



## **ROBIN HOOD: June 28, June 29, and July 1**

**RATED:** PG-13

**LENGTH:** 156 Minutes

**DESCRIPTION:** Russell Crowe stars as Robin Longstride in director Ridley Scott's big-budget twist on the celebrated legend. When soldier Robin happens upon the dying Robert of Loxley, he promises to return the man's sword to his family in Nottingham. There, he assumes Robert's identity; romances his widow, Marion (Cate Blanchett); and draws the ire of the town's sheriff (Matthew Macfadyen) and King John's henchman, Godfrey (Mark Strong).

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

## NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, June 20, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

## BIG BINGO - Feeling lucky?

Join us for Big Bingo on  
**Monday, June 6 at 1:00 p.m.** in  
the Social Hall.

## COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help: Mondays (Judy), Tuesdays (Pennie), and Wednesdays (Shasa) from 1:00 p.m. to 3:00 p.m. Also, come on Thursdays (Pat) and Fridays (Saiyun) from 1:30 p.m. to 3:30 p.m. Come to the lab and ask questions, it is that easy!

## DONATIONS, DONATIONS, DONATIONS



The Senior Center accepts a variety of donations, including:

- Old eyeglasses • Magazines • DVDs •
- Paperback books •

**FREE TABLE**—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

## DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



## BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!



**SENIOR CENTER** - Anyone can join the Senior Center Book Club! Meetings are held the second Tuesday of each month (**6/14/11**) in the Conference Room from 10:30 – 11:30 a.m. The next book for review is **“When Everything Changed”** by **Gail Collins**. Book club will break for summer and resume in September.

## EXERCISE ROOM ETIQUETTE

Please follow these rules when using the exercise room to ensure that that our Senior Center remains a safe and comfortable place for all.



AN EXERCISE CARD is required before exercise. See front desk.

KEEP your card with you at ALL times. If you don't have your card, you will be asked to leave.

WRITE your name and start time on the board.

WINDOWS must remain closed in this room.

CELL PHONES are not allowed in this room.



EXERCISE ATTIRE is required. Do not wear open-toed shoes.

WIPE down the machines when you are finished exercising.

30 MINUTES is the limit when others are waiting.

ROOM CLOSED at 8:45 p.m. on Mondays, Tuesdays, and Wednesdays.



ROOM CLOSED at 4:45 p.m. on Thursdays and Fridays.

TELEVISION use is at the discretion of staff.

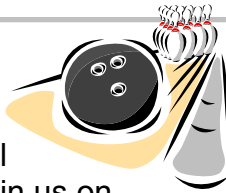
CONSULT your doctor before starting any exercise program.

REMEMBER, you are never too old to exercise!

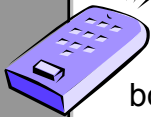




## Wii BOWLING IS BACK!



We are turning the Social Hall into a virtual bowling alley! Join us on Tuesdays from 4:00 p.m. - 5:00 p.m. to bowl the afternoon virtually away on the big screen using the Wii Video Game console. Wii bowling provides light exercise without having to use a heavy bowling ball. Everyone is welcome!



## THE COMMUNITY SERVICES AGENCY:

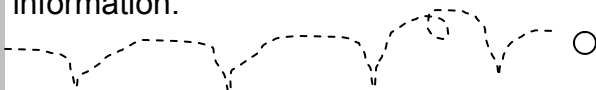
### A VALUABLE RESOURCE

For over 50 years, Community Services Agency (CSA) has been providing vital social services for residents of Mountain View, Los Altos, and Los Altos Hills, including administering the Senior Center's daily lunch! This organization provides a safety net so independence and self-sufficiency can be restored and maintained.

CSA is available to help seniors in the community maintain their independence. They provide many resources for seniors including case management, community outreach, senior nutrition, and more. For questions, contact CSA at 650-968-0836, visit them online at [www.csacares.org](http://www.csacares.org), or drop by in person at 204 Stierlin Avenue, Mountain View, CA 94043.

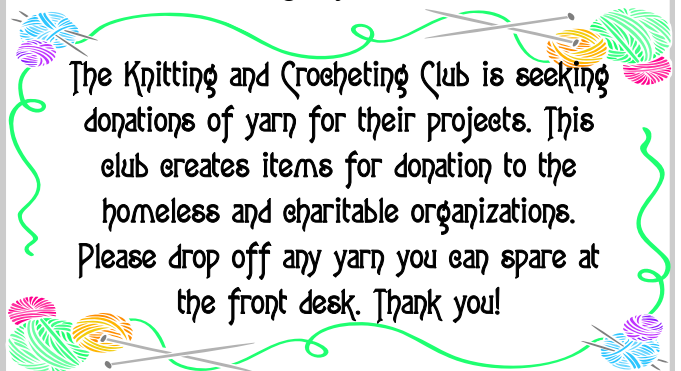
### NEW TABLE TENNIS RULES

The three table tennis tables at the Senior Center are for everyone! The new clocks in the Game Room are specially marked for recording half-hour play. If you are a "drop in" player and would like to play table tennis when all tables are occupied, stop by the front desk for a color-coded "next player" card. Note that this card system is not a system for reserving tables: it is only for the immediate next player. This is a trial system, and we ask for everyone's help to keep the Game Room fair and welcoming to **ALL** skill levels. Please ask at the front desk for more information.



## SUMMER PICNIC —DRESS IN RED, WHITE, AND BLUE!

We are celebrating the birth of our great nation with a patriotic picnic! This event will take place in the Rengstorff Park picnic area on **Thursday, July 7th at 12:00 p.m.** There will be lemonade, crisp green salad, baked beans, juicy watermelon, velvety ice cream treats, barbecued polish sausage dogs, challenging trivia questions, and fun raffle prizes. Whew! Bring your family and friends: everyone will have a blast. Tickets go on sale Friday, June 3 and will be \$4.00 in advance, or \$6.00 the day of. Raffle ticket included with each picnic ticket. Last year's summer picnic sold out, so get your ticket soon!



The Knitting and Crocheting Club is seeking donations of yarn for their projects. This club creates items for donation to the homeless and charitable organizations. Please drop off any yarn you can spare at the front desk. Thank you!

## THE BOOKMOBILE MOTORING TO THE SENIOR CENTER

The Mountain View Library's Bookmobile makes weekly visits to the Senior Center on Thursdays from 10:30 a.m.—11:15 a.m. Sign up for a library card, or use your existing card to borrow a good book, curl up in front of the lobby's fireplace and read!

## VOLUNTEER CORNER

April 2011

Brown Bag	192
Lunch Program	214.5
Receptionists	163.5
Social Services	45
Teaching	224.75
Tax Assistance	225
<b>Total</b>	<b>1064.75 hours!!</b>

## FASHION SHOW

Join us for the Senior Center's Annual Fashion Show, scheduled for **Friday, August 26, 2011 at 10:30 a.m.** Chico's will host the show and volunteers will model Chico's many beautiful fall outfits and accessories! In addition to a lovely morning of fine fashion, enjoy free refreshments and raffle prizes. Come see the latest fashions and colors for the upcoming fall season. Plus, everyone present at the show will receive a free raffle ticket! Look for more information to come in upcoming newsletters.



*Senior Center Fashion Show circa 1977.*

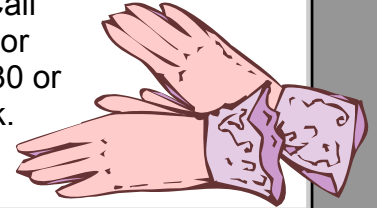
## SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2010) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: June 15, July 20, and September 21, 2011.

# WANTED!

## SENIOR MODELS

Do you have an interest in fashion and accessories? Be a model at this year's fashion show on **Friday, August 26 from 10:30 to 11:30 a.m.** Do not be shy—everyone is welcome! Call the Mountain View Senior Center at (650) 903-6330 or sign up at the front desk. There are limited spots, so sign up early.



## A CALL TO (THE) ARTS

Attention all photographers, painters, sculptors, sketchers, woodcarvers, or anyone with a knack for creative expression! The Senior Center will showcase individual works in the display case this September. Show us your inner Picasso, Rodin or DaVinci! We will try to accommodate as much art as possible, but space is limited and submissions will be accepted as long as space is available. Guidelines for submitting work will be available soon.

## SENIOR RESOURCE FAIR

Mountain View Senior Center  
266 Escuela Avenue, Mountain View, CA

Thursday, June 9th, 2011  
2:30pm-5:00pm

- Blood Screening for Total Glucose
- Dental Screening
- Blood Pressure Screening
- Hearing Screening
- Home Care Information
- Book Mobile **NEW!**
- Health Information
- Transportation Information
- Volunteer Opportunities
- Legal Information
- Appointments with the Health Insurance Counseling Advocacy Program (HICAP) volunteers to have all of your health insurance questions answered!

...and much much more!

**This event is FREE and open to the public!**

**Light refreshments will be available.**

**There will be a FREE Raffle for a chance to win fabulous prizes!**  
**Call 650.903.6330 for more information or to make an appointment.**

**SEE YOU THERE!**



KEEPING CURRENT

## HEALTH SERVICES

**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wednesday** of each month (**6/22/11**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

**BLOOD PRESSURE CHECK** - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.**

**EYEGLOSS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**6/14/11 and 6/28/11**).

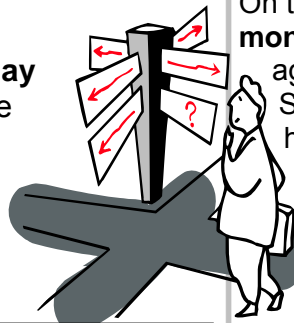
**HEARING SCREENING** - Visit Dr. Tang the **second Monday** of each month (**6/13/11 from 2:00 - 4:00 p.m.**).

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**6/14/11 and 6/28/11**).

**NOTARY SERVICE** - Offered the **first Thursday** (**6/2/11**) of each month. Appointments available from 8:30 - 10:30 a.m.

**PODIATRY SCREENING** - **Third Wednesday** (**6/15/10**) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.



## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday** (**6/2/11, 6/16/11**). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

## FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

**NUTRITION PROGRAM** - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.

## MTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

MTA will be at the Senior Center on **Thursday, June 30** at 10:00 a.m. to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 16th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.

## CSA INFORMATION + REFERRAL

On the **third Tuesday of each month** (**6/21/11**) at **11:00 a.m.**, agents from the Community Services Agency will be in the hallway in front of the Social Hall to answer your questions. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

## AARP DRIVER SAFETY

**REGULAR CLASS** - The Safety Program class offered by AARP at the Senior Center is scheduled for **June 21 and 28, 2011 from 6:00 p.m. to 10:00 p.m.** The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier directly.

**REFRESHER COURSE** - **Tuesday, August 30, 2011 from 5:30 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

**ONLINE** - Driver Safety program now available. Visit [www.aarp.org](http://www.aarp.org) for information & to sign up.

NOTE: AARP may cancel course if fewer than 10 students enroll.



# Mountain View Seasoned Travelers



For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and  
Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.

**PLEASE NOTE:** Trips taking place in July and August will depart from the **SENIOR CENTER PARKING LOT**, not Rengstorff Park.

## JACKSON RANCHERIA, Jackson

WHEN: Wednesday, June 8, 2011

COST: \$33.00 per person

INCLUDES: Round trip transportation via luxury motor coach and driver's gratuity.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.

## CHUKCHANSI GOLD CASINO, Coursegold

WHEN: Thursday, July 7, 2011

COST: \$30.00 per person

INCLUDES: Casino bonus, round trip transportation via luxury motor coach, and driver's gratuity.

DEPART: 7:30 a.m. from Senior Center

RETURN: Approximately 6:00 p.m.

## RED HAWK CASINO, Shingle Springs

WHEN: Wednesday, August 3, 2011

COST: \$31.00 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

DEPART: 7:30 a.m. from Senior Center

RETURN: Approximately 6:00 p.m.

## THUNDER VALLEY CASINO, Lincoln

WHEN: Tuesday, September 6, 2011

COST: \$33.00 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:00 p.m.



More trips! Check out the travel flyers at the Front Desk!

Travel Arrangements by Kanen Tours CST # 2095653-50

## McCOVEY'S RESTAURANT & AT&T PARK TOUR

WHEN: Thursday, July 21, 2011

COST: \$88.00 per person

INCLUDES: Enjoy a hosted lunch at McCovey's in Walnut Creek, a restaurant designed in the spitting image of San Francisco's AT&T Park, chock full of baseball memorabilia. Then, journey to San Francisco for a private behind-the-scenes tour of AT&T Park, home of the San Francisco Giants— 2010 World Series Champions!

DEPART: 10:00 a.m. from Senior Center

RETURN: Approximately 5:30 p.m.



## HORNBLOWER CRUISES AND EVENTS

WHEN: Thursday, September 15, 2011

COST: \$112.00 per person

INCLUDES: Feast on a gourmet lunch buffet as you enjoy the sights of the world famous Golden Gate Bridge, Bay Bridge, the flora and fauna of San Francisco, Angel Island, and a live narration of the history of Alcatraz, all on this San Francisco Bay waterfront cruise.

DEPART: 10:00 a.m. from Rengstorff Park

RETURN: Approximately 3:00 p.m.

## DISCOVER SWITZERLAND, AUSTRIA, AND BAVARIA

October 5 - 14, 2011






**FEATURING:** Bern, Chateau de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria, Oberammergau, Tyrolean Folklore Show

COST: Double \$2,999.00\*/Single \$3,299.00\*

\* Price includes round-trip airfare. May not include single supplements, cancellation waiver, or insurance.



TRAVEL

Monday	Tuesday	Wednesday
<b>NUTRITION PROGRAM</b> - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.  = Meal contains more than 1000mg sodium		<b>1</b> 10:30 Line Dancing, lunch room 11:45 Lunch Menu Linguini w/ Tuna, Peas & Bell Pepper Spinach Salad Banana 12:45 Bingo, lunch room 5:30 Movie: Knight and Day
<b>6</b> 10:30 Dancing, lunch room 11:45 Lunch Menu Beef Stuffed Bell Pepper Brown Rice Spring Blend Vegetables Fruit Sugar-Free Gelatin 1:00 Big Bingo	<b>7</b> 11:45 Lunch Menu Chicken Cacciatore Pasta Squash Watermelon 1:00 Movie: Going the Distance 4:00 Wii Bowling	<b>8</b> 7:30 Jackson Rancheria Casino Trip 10:30 Line Dancing, lunch room 11:45 Lunch Menu Beef Stroganoff Wheat Dinner Roll Chilled Broccoli Salad Grapes  12:45 Bingo, lunch room 5:30 Movie: Going the Distance
<b>13</b> 10:30 Dancing, lunch room 11:45 Lunch Menu Chicken Cordon Bleu Whole Wheat Noodles Green Beans Provincial Garden Salad Mandarin Oranges 2:00 Hearing Screening	<b>14</b> 8:30 HICAP 9:15 Eyeglass Repair 10:30 Book Club - "When Everything Changed" 11:45 Lunch Menu Beef Stew Whole Grain Roll Garden Salad Sugar-Free Gelatin & Tropical Fruit 1:00 Movie: How to Train Your Dragon 4:00 Wii Bowling	<b>15</b> 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 Lunch Menu Baked Seasoned Fish Brown Rice Sautéed Broccoli & Sweet Potatoes Fresh Fruit 12:45 Bingo, lunch room 2:00 Senior Advisory Committee 2:30 Workshop: Email Accounts 5:30 Movie: How to Train Your Dragon
<b>20</b> 10:30 Dancing, lunch room 11:45 Lunch Menu Boneless Pork Chop Vegan Split Pea Soup Wheat Roll Garden Salad Tropical Fruit Cup 2:00 Newcomers' Group	<b>21</b> 11:00 CSA Information + Referral 11:45 Lunch Menu Egg Frittata Muffin Laguna Blend Veggies Salad Blueberries 1:00 Movie: Toy Story 3 4:00 Wii Bowling 6:00 AARP Driver Safety Course	<b>22</b> 10:30 Line Dancing, lunch room 11:45 Lunch Menu B.B.Q. Chicken Pasta Salad w/ Veggies Cauliflower & Carrots Apple  12:30 Alzheimer's Screening 12:45 Bingo, lunch room 5:30 Movie: Toy Story 3
<b>27</b> 10:30 Dancing, lunch room 11:45 Lunch Menu Breaded Cod  Spanish Rice & Black Beans Broccoli & Cauliflower Garden Salad Fresh Fruit	<b>28</b> 9:15 Eyeglass Repair 11:45 Lunch Menu Chicken Pot Pie Confetti Coleslaw Apple 1:00 HICAP 1:00 Movie: Robin Hood 4:00 Wii Bowling 6:00 AARP Driver Safety Course	<b>29</b> 10:30 Line Dancing, lunch room 11:45 Lunch Menu B.B.Q. Pork Ribs Wheat Roll  Baked Beans Carrot Raisin Salad Mandarin Oranges 12:45 Bingo, lunch room 5:30 Movie: Robin Hood



Thursday	Friday
<p>2 8:30 Notary Service 11:45 Lunch Menu Garlic Chicken Brown Rice Sesame Parmesan Zucchini Potato Salad Watermelon 1:30 SALA Appointments</p>	<p>3 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Glazed Baked Hawaiian Ham Wheat Dinner Roll Sautéed Broccoli &amp; Carrots Corn Fresh Fruit 1:00 Movie: Knight and Day</p>
<p>9 10:30 Bookmobile 11:45 Lunch Menu Salmon Stuffed Boats Couscous Swiss Chard Baked Tomato Peaches 2:30 Senior Resource Fair</p>	<p>10 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Oven Roasted Chicken Breast w/ Mushroom Gravy Brown Rice California Blend Veggies Fresh Fruit 1:00 Movie: Going the Distance</p>
<p>16 10:30 Bookmobile 11:45 Lunch Menu Chicken Asparagus Pecan Pasta Caesar Salad Cantaloupe 1:00 SALA Appointments</p>	<p>17 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Chinese Pepper Steak Fried Brown Rice Brussels Sprouts Oriental Vegetables Cottage Cheese w/ Fruit Celebrate June Birthdays w/ Birthday Cake 1:00 Movie: How to Train Your Dragon</p>
<p>23 10:30 Bookmobile 11:45 Lunch Menu Mediterranean Fish Brown Rice Pilaf Marinated Cucumber, Olives &amp; Tomato Salad Peaches 1:00 Workshop: Purple Lamp—Senior Transitions</p>	<p>24 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Vegetable Lasagna Chicken Noodle Soup Garlic Bread Tuscany Blend Veggies Banana 1:00 Movie: Toy Story 3</p>
<p>30 10:00 VTA Photos 10:30 Bookmobile 11:45 Lunch Menu Spaghetti w/ Meatballs Broccoli &amp; Cauliflower Bananas w/ Yogurt 1:00 Workshop: Dealing w/ Depression</p>	

## CORN PUDDING

**Ready In:** 50 Minutes  
**Servings:** 12

### INGREDIENTS:

- 1 (15.5 ounce) can whole kernel corn, drained
- 1 (15 ounce) can cream-style corn
- 1 (8.5 ounce) package corn muffin mix
- 1 cup sour cream
- 1/4 cup butter or margarine, melted
- 3 eggs



### DIRECTIONS

1. Preheat oven to 375 degrees F. Mix all ingredients until well blended.
2. Spoon into 13x9-inch baking dish sprayed with cooking spray.
3. Bake 35 to 40 minutes or until golden brown. Serve with additional butter, if desired.



The classes listed below occur periodically throughout the month.  
**PICK UP A CLASS GUIDE AT THE FRONT DESK**

to find out the dates for each class, as well as times, registration and other information.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Adaptive Yoga	9:30 Brown Bag	9:00 Ceramics-Sm Sculpt	8:45 Adaptive Yoga	8:45 ESL-Beginning Low
8:45 ESL - Beginning Low	9:30 Speechreader	9:00 Painting Club	8:45 ESL - Beginning Low	8:45 ESL - Intermediate
8:45 ESL - Intermediate	9:30 Strong for Life Sec A	9:30 Chorus	8:45 ESL - Intermediate	10:00 Feldenkrais
9:00 Creative Stitchery	10:30 Strong for Life SecB	10:00 Therapeutic Yoga	9:00 Ceramics- E, G, & F	10:30 ESL -Beg. High
10:15 T'ai Chi	11:45 Lunch	11:45 Lunch	10:00 Qigong, Com Ctr	10:30 ESL -Adv. Low
10:30 ESL -Beginning High	1:00 Computer Help	1:00 Ceramics-Basic/Int.	10:00 Stepping Strong	10:30 Blood Pressure
10:30 ESL -Advanced Low	1:00 Karaoke	1:00 Computer Help	10:00 Trips Desk	11:45 Lunch
11:45 Lunch	1:00 Low Impact Aerobics	1:00 Knitting/Crochet	10:15 Lifetime of S, E, & F	1:00 English Conv.
1:00 Computer Help	1:00 Movie Matinee	1:15 Orchestra	10:30 Bookmobile	1:00 Line Dancing
1:00 Lifetime of S, E, & F	1:00 Workout/Broadway II	2:00 Exercise Orientation	10:30 ESL -Beginning High	1:00 Movie Matinee
1:00 Woodcarving	2:15 Workout/Broadway I	5:30 Evening Movie	10:30 ESL -Advanced Low	1:30 Computer Help
1:30 Quiltmaking Tech.	2:30 Chinese Chorus	5:30 Qigong	10:30 Zumba	2:00 Chinese Folk
2:30 T'ai Chi/Qigong	4:00 Wii Bowling	7:00 Chinese Folk Dance	11:00 Health Library	2:15 Square Dancing
7:00 Social Dance Club	6:30 Exercise Orientation	7:00 Joy of Movement	11:45 Lunch	
7:00 Chinese Folk Dance	7:00 Brain Gang		1:00 Low Impact Aerobics	
	7:15 Belly Dancing		1:00 Figure & Portrait Draw	
			1:00 Workout/Broadway II	
			1:30 Computer Help	
			2:15 Workout/Broadway I	
			2:45 Beg. Social Dance	

Remember! This grid does NOT reflect start and end dates of classes. The tan class guide has all class information!



Registration for the classes that occur at our center takes place through the following agencies:

**MV-LA, Mountain View Los Altos Adult Education**

Three options for registration:

1. Visit MV-LA at 333 Moffett Boulevard.
2. Call **(650) 940-1333** with your credit card available.
3. Visit their website at [www.mvlaae.net](http://www.mvlaae.net).

**FOOTHILL COMMUNITY COLLEGE**

Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information, you can call **(408) 864-5300**.

**VOLUNTEER**

These classes are free and there is no need to register. Please just attend.

**IN CLASS**

Register for these classes with the class instructor.

**GIVE US  
YOUR EMAIL**

If you would like to receive the *Senior Center Monthly Prime Time News Newsletter* via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!